

easy grain-free eating

IF FOOD SENSITIVITIES, DIGESTIVE ISSUES OR OTHER HEALTH CONCERNS ARE FORCING YOU TO GIVE UP GRAINS, THIS ONE-WEEK, GRAIN-FREE MEAL PLAN (PSSST... IT'S ALSO PALEO FRIENDLY) MAKES YOUR NEW DIET DOABLE AND TASTY.

BY MARSHA MCCULLOCH, RD

DAY 1

BREAKFAST

Banana Nut Pancakes (see recipe 1, page 2); spread with 2 tbsp unsweetened almond butter
1 kiwifruit

MORNING SNACK

Dried-fruit and nut bar

LUNCH

Turkey wraps: 1 cup cucumber sticks, ½ cup baby spinach and ⅔ cup sliced avocado, wrapped in 4 oz organic roasted turkey breast slices
1 oz kale chips
½ cup unsweetened applesauce

AFTERNOON SNACK

1 cup carrot sticks
¼ cup guacamole

DINNER

Roasted Shrimp (see recipe 2, page 2; double the recipe to use in lunch salad on Day 2)
Thyme-Roasted Asparagus (see recipe 3, page 2)
1 medium baked sweet potato; top with ½ teaspoon olive oil and ¼ teaspoon cinnamon
1 cup cubed mango

Daily total: 1,825 cal, 91g fat (27g mono, 14g poly, 15g sat), 438mg chol, 1,433mg sodium, 181g carb (43g fiber, 99g sugars), 89g protein

Health note: If you're also omitting all dairy products, consider taking a calcium and vitamin D supplement

DAY 2

BREAKFAST

1 serving Onion and Mint Frittata (see recipe, page 4)
Toast: 2 slices paleo bread; top with 4 tsp unsweetened almond butter
1 medium apple

MORNING SNACK

1 small banana
3 tbsp walnuts

LUNCH

Kale salad: 2 cups chopped kale, massaged with 1 tsp lime juice and 1 tsp olive oil; top with chilled, leftover Roasted Shrimp from Day 1 (recipe 2, page 2), ½ cup cubed avocado and 1 tbsp pumpkin seeds with Lime Vinaigrette (see recipe 4, page 2)

AFTERNOON SNACK

2 tbsp raw cashews
¼ cup unsweetened coconut flakes

DINNER

2 cups baked spaghetti squash (strands separated), topped with 1 serving Grass-Fed Meatballs (see recipe 5, page 2) and ½ cup warmed, puréed tomatoes
1 cup steamed broccoli; top with ¼ tsp olive oil and ⅛ tsp black pepper
1 cup strawberries, drizzled with 2 tsp balsamic vinegar

Daily total: 1,806 cal, 106g fat (32g mono, 16g poly, 30g sat), 489mg chol, 979mg sodium, 152g carb (49g fiber, 64g sugars), 92g protein

DAY 3

BREAKFAST

Berry smoothie: 1 cup baby spinach, ½ cup light coconut milk, ½ cup water, ½ cup unsweetened frozen blueberries, ½ cup unsweetened frozen raspberries and 7 drops alcohol-free liquid stevia
½ cup walnuts

MORNING SNACK

Dried-fruit and nut bar

LUNCH

2 servings Onion and Mint Frittata (leftovers of Day 2 Breakfast)
Fruit salad: 2 diced kiwifruit and 1 cup cubed pineapple
¼ cup raw cashews

AFTERNOON SNACK

6 mini sweet peppers
¼ cup guacamole

DINNER

Open-face sandwich: 1 slice toasted paleo bread, 4 oz grilled (or broiled) pork tenderloin and 3 tbsp sauerkraut
1 cup grilled parsnip strips (peeled and brushed with ½ teaspoon olive oil)
7 grilled asparagus spears (brushed with ½ teaspoon olive oil)
½ cup unsweetened applesauce with ¼ tsp cinnamon

Daily total: 1,795 cal, 92g fat (24g mono, 22g poly, 23g sat), 533mg chol, 929mg sodium, 178g carb (47g fiber, 87g sugars), 84g protein

DAY 4

BREAKFAST

Toast: 2 slices paleo bread with 2 tablespoons unsweetened almond butter
1½ cups strawberries

MORNING SNACK

2 hard-boiled eggs, sprinkled with black pepper
1 cup cherry tomatoes

LUNCH

4 oz leftover pork tenderloin
¼ cup sauerkraut
1 cup steamed broccoli; top with ¼ tsp olive oil and ⅛ tsp black pepper
1 medium baked sweet potato; top with ½ tsp olive oil and ¼ tsp cinnamon
1 medium apple

AFTERNOON SNACK

3 tbsp pumpkin seeds
¼ cup raisins

DINNER

4 oz baked boneless, skinless chicken breast
1 cup cooked spaghetti squash with ⅛ tsp black pepper
Roasted vegetables: 1 cup cut carrots, tossed with ½ tsp olive oil, ½ tsp dried parsley and ⅛ tsp black pepper
Spinach salad: 2 cups baby spinach and ½ cup sliced cucumber with Lime Vinaigrette (see recipe 4, page 2)
1½ cups pineapple chunks

Daily total: 1,819 cal, 72g fat (18g mono, 5g poly, 14g sat), 480mg chol, 1,551mg sodium, 198g carb (52g fiber, 117g sugars), 116g protein

DAY 5

BREAKFAST

Banana Nut Pancakes (recipe 1, right); top with ½ cup warmed applesauce and ¼ tsp cinnamon
1 cup mango slices, tossed with 1 tsp lime juice

MORNING SNACK

1 cup cucumber slices
½ cup guacamole

LUNCH

Tuna sandwich: 2 slices toasted paleo bread with ½ cup baby spinach and Avocado Tuna Salad (see recipe 6, page 3)
1 oz kale chips

AFTERNOON SNACK

Fruit salad: ½ cup strawberries, 1 sliced small banana and 1 tbsp unsweetened coconut flakes

DINNER

Burger: 4 oz grass-fed beef patty on 2 slices toasted paleo bread, spread with 1 tbsp guacamole and topped with ¼ cup baby spinach
Sweet Potato Fries (see recipe 7, page 3)

Daily total: 1,824 cal, 96g fat (18g mono, 14g poly, 27g sat), 269mg chol, 1,484mg sodium, 175g carb (54g fiber, 80g sugars), 94g protein

DAY 6

BREAKFAST

Breakfast wrap: 1 warmed paleo wrap, 2 chopped hard-boiled eggs and ½ cup each roasted parsnips and carrots
2 kiwifruit

MORNING SNACK

¼ cup raw cashews
3 tablespoons raisins

LUNCH

Chicken spinach salad: 3 cups baby spinach, 3 oz chopped baked chicken breast, 1 cup strawberries, sliced, ¼ cup walnuts and ⅓ cup chopped avocado with Lime Vinaigrette (recipe 4, right)

AFTERNOON SNACK

1 medium apple, sliced
2 tbsp unsweetened almond butter

DINNER

4 oz wild-caught salmon, grilled and drizzled with 1 tsp lime juice
1 cup grilled zucchini sticks: Brush with ½ tsp olive oil before grilling and sprinkle with ¼ tsp black pepper
1 cup pineapple chunks

Daily total: 1,808 cal, 101g fat (35g mono, 23g poly, 19g sat), 453mg chol, 411mg sodium, 156g carb (33g fiber, 88g sugars), 88g protein

DAY 7

BREAKFAST

Tropical smoothie: 1 cup kale, ⅓ cup light coconut milk, 1 cup pineapple and 1 small banana (sliced and frozen)
1 serving Onion and Mint Frittata (leftovers Day 2)

MORNING SNACK

½ cup applesauce with ¼ tsp cinnamon and ¼ cup walnuts

LUNCH

Turkey sandwich: 2 slices toasted paleo bread with 1 tbsp guacamole, 3 oz roasted turkey breast and ¼ cup baby spinach
1 oz kale chips
Fruit salad: 1 cup frozen berries (thawed) and 7 drops liquid stevia

AFTERNOON SNACK

1 cup celery sticks with 2 tbsp unsweetened almond butter

DINNER

Tacos: 2 warmed paleo wraps with 4 oz lean grass-fed beef, browned with ½ tsp DIY Taco Seasoning (see recipe 8, page 3) and ¼ cup water; top with 1 cup cherry tomatoes, 2 cups spinach and ½ cup avocado
1 kiwifruit

Daily total: 1,815 cal, 99g fat (15g mono, 15g poly, 30g sat), 336mg chol, 1,383mg sodium, 162g carb (54g fiber, 70g sugars), 95g protein

Quick Recipes to Complete Your Menus

(each makes 1 serving unless otherwise noted)

1. Banana Nut Pancakes

Heat a nonstick griddle or skillet over medium heat. Mash a small, ripe banana with a fork. Add 1 egg and whisk until smooth. Add 1 tsp coconut oil to pan. Pour batter onto hot pan to make six 4-inch pancakes. As pancakes cook on first side, sprinkle with 2 tbsp chopped walnuts. When pancakes are cooked on bottom (1–2 minutes), carefully flip with a spatula and cook the other side until golden brown.

2. Roasted Shrimp

Preheat oven to 400°. Toss 4 oz raw, untreated, peeled and deveined shrimp with 1½ tsp olive oil, ¼ tsp paprika and ¼ tsp black pepper. Place shrimp on a rimmed baking sheet and roast until cooked through and starting to brown, about 8–10 minutes.

3. Thyme-Roasted Asparagus

Preheat oven to 400°. Brush 7 medium asparagus spears with ½ tsp olive oil and ½ tsp dried thyme leaves. Roast on baking sheet 10–15 minutes.

4. Lime Vinaigrette

Whisk together 1 tsp fresh lime juice, 2 tsp olive oil and ⅛ tsp black pepper.

5. Grass-Fed Meatballs

Preheat oven to 400°. Combine 1 lb lean grass-fed ground beef with 1 egg, ⅓ cup chopped onion, 1 tsp dried parsley, 1 tsp dried oregano leaves, ½ tsp sea salt and ½ tsp black pepper. Roll mixture into 1-inch balls and place on a baking sheet. Bake for 10 minutes or until meatballs are cooked through and brown. Makes 5 servings (4 meatballs each). Freeze leftovers.



◀ Onion and Mint Frittata

SHOPPING LIST

Here's what you'll need to make the week's worth of grain-free menus for one person.

FRUITS & VEGETABLES

- 3 medium apples
- 5 small bananas
- 6 kiwifruit
- 3 limes
- 2 mangoes
- 2 pineapples (5 cups)
- 5 cups strawberries
- 14 medium asparagus spears
- 3 medium avocados
- 10 cups baby spinach
- 2 cups broccoli florets
- 6 medium carrots
- 1 bunch celery
- 3 cups cherry tomatoes
- 3 cucumbers
- 3 cups chopped kale
- 6 mini sweet peppers
- 3 parsnips
- 2 large red onions
- 1 medium spaghetti squash
- 3 medium sweet potatoes
- 1 medium zucchini
- 1 bunch fresh mint or basil
- 2 cups applesauce, unsweetened
(TRY: Eden Organic Apple Sauce)
- ½ cup raisins (TRY: Woodstock Organic Thompson Raisins)
- ½ cup puréed tomatoes
(TRY: Bionaturae Organic Strained Tomatoes)
- 1 cup frozen unsweetened blueberries (TRY: Earthbound Farm Organic Blueberries)
- 1 cup frozen unsweetened raspberries (TRY: Earthbound Farm Organic Raspberries)



PROTEINS

- 19 large eggs
- 8 oz boneless, skinless chicken breasts
- 24 oz grass-fed lean ground beef
- 8 oz pork tenderloin
- 8 oz raw (or frozen), untreated shrimp (TRY: Henry & Lisa's Uncooked Natural Shrimp, Peeled, Tail-On)



- 4 oz wild-caught salmon
- 7 oz roasted turkey breast slices
(TRY: Organic Prairie Roast Turkey Breast Lunchmeat)
- 5 oz canned tuna in water
(TRY: Wild Planet Wild Albacore Tuna)

NUTS, NUT BUTTERS & SEEDS

- 1 jar natural, unsweetened almond butter (TRY: Redmond's Peanut Free Almond Butter)
- 1 cup raw cashews
- 1½ cups walnuts
- ¼ cup pumpkin seeds
(TRY: Eden Organic Dry Roasted Pumpkin Seeds)



MISCELLANEOUS

- 2 dried-fruit and nut bars
(TRY: Larabar Original Fruit & Nut Food Bar, Cherry Pie flavor)
- 1 cup prepared guacamole
- 3 ounces kale chips (TRY: Rhythm Superfoods Kale Chips, Original)
- 1 loaf paleo bread (TRY: Julian Bakery Almond Paleo Bread)
- 3 paleo wraps
(TRY: Julian Bakery Paleo Wraps)
- 1 cup sauerkraut
(TRY: Eden Organic Sauerkraut)
- ½ cup unsweetened coconut flakes
(TRY: Let's Do Organic Coconut Flakes)
- 1 cup canned light coconut milk (TRY: Native Forest Unsweetened Organic Light Coconut Milk)



PANTRY STAPLES

- black pepper
- chili powder, gluten free
(TRY: Spicy Organics Chili Powder Seasoning)
- cinnamon
- dried dill weed
- dried oregano leaves



6. Avocado Tuna Salad

Combine 2.5 oz canned tuna (drained) with ¼ cup chopped avocado, 2 tbsp chopped celery, 2 tbsp chopped apple, 1 tbsp chopped walnuts, ¼ tsp dried dill weed and ¼ tsp black pepper.

7. Sweet Potato Fries

Preheat oven to 400°. Line a baking sheet with parchment paper. Peel 1 medium sweet potato and cut into ½-inch thick strips (like fries). Toss with 1 tsp olive oil, ¼ tsp dried parsley and ⅛ tsp black pepper. Spread fries on baking sheet and bake 10–15 minutes; flip fries and bake another 10–15 minutes or until fries are soft and golden brown.

8. DIY Taco Seasoning

Combine 1 tsp ground cumin, 1 tsp ground oregano, 1 tsp paprika, 1 tsp garlic powder, 2 tsp onion powder and 1 tbsp gluten-free chili powder. Makes 6 servings.

- dried parsley
- dried thyme leaves
- garlic powder
- ground cumin
- ground oregano
- onion powder
- paprika
- sea salt
- balsamic vinegar
- liquid stevia extract (TRY: NuNaturals Alcohol Free NuStevia)
- coconut oil
- olive oil
- parchment paper
(TRY: If You Care Parchment Paper)



Onion and Mint Frittata

Makes 12 servings; Gluten-Free, Grain-Free, Paleo, Veggie

This quick dish is especially good for brunch. Mint gives it an interesting, fresh flavor, but feel free to substitute basil.

12 eggs

1 tablespoon water

1 bunch fresh mint or basil, finely chopped

Pinch each salt and black pepper

1 large red onion, chopped

1 tablespoon extra-virgin olive oil or butter

1 cup cherry tomatoes, halved

1. Preheat oven to 400°F. Whisk eggs and water. Add mint and season well with salt and pepper.

2. Using a heavy-bottomed nonstick skillet, sauté onion in oil or butter. When onions have begun to soften, add tomatoes and cook 1 minute. Add egg mixture. Cook on stovetop until eggs begin to solidify around the edges. Place the whole pan in the oven to cook all the way through, 10–12 minutes (it should look firm and slightly puffy). Cover pan with a plate and invert to slide out frittata. Cut into wedges and serve.

PER SERVING: 96 cal, 6g fat (2g sat fat), 213mg chol, 63mg sodium, 3g carb (1g fiber), 7g protein

